



## **H-PLUS Function Exercise: LIGHT FOOT**

**Function Command:  
PLUS-LIGHTER, LIGHTER**

### **Purpose:**

This is your H-PLUS Function exercise to learn to move more lightly when you walk, jog or run.

### **Application:**

To make walking, jogging or running easier and more effortless. The Function command improves and intensifies the ability as needed.

### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## **Effectiveness Pattern:**

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## **Suggestions For Use:**

- **LIGHT FOOT** can be used with the H-PLUS Function exercises **TUNE-UP**, **RESTORATIVE SLEEP** or **SYNCHRONIZING (P)**.

**Examples** – On your morning run through the park, add to your enjoyment with **LIGHT FOOT**. If injury or illness have affected the functioning of your legs or feet, use **TUNE-UP** and **RESTORATIVE SLEEP** with **LIGHT FOOT** as you recuperate. If you run competitively, try **SYNCHRONIZING (P)** with **LIGHT FOOT** to maximize your ability.

## **Please Note:**

- You may recover from a dysfunction of the legs and/or feet more smoothly.
- You may find recreational or competitive running easier, smoother and more efficient.
- This Function operates only while you are actually moving your feet.

©1988

**Interstate Industries, Inc.**  
at The Monroe Institute  
P.O. Box 130  
Nellysford, VA 22958  
(804) 361-1500